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This year's recipients of the Bill Ferrell Endowed Scholarship in Athletic Training are, from left, Caroline Lounsbury, Cayla Fritz, Andrew Scheumann, James Grant and Nicole Natter. Grant also won the Dean Weber Endowed Scholarship in Athletic Training. Photo by Beth Hall

Razorback Athletic Trainers' Legacies Include Scholarships

Five University of Arkansas students in the graduate athletic training education program were named winners of scholarships honoring legendary Razorback athletic trainers Bill Ferrell and Dean Weber.

Cayla Fritz, James Grant, Caroline Lounsbury, Nicole Natter and Andrew Scheumann are enrolled in the Master of Athletic Training degree program in the College of Education and Health Professions.

They are the 2014 recipients of the Bill Ferrell Endowed Scholarship in Athletic Training. Grant also won the Dean Weber Endowed Scholarship in Athletic Training presented to the top student in the athletic training education program.

Former University of Arkansas football players who played under the care of Weber and Ferrell established the scholarships. Weber supervised the athletic training operations for men's sports teams for 35 years. Ferrell was head baseball coach and head athletic trainer from 1950 to 1967. He died in 1967.

All five of the student recipients are in the second year of the program and plan to graduate next spring. The master's degree will prepare them to work in all kinds of sports and at all levels of competition as well as in clinical settings.

Fritz, of Flower Mound, Texas, graduated from Blackman High School in Murfreesboro, Tenn., and earned a bachelor's degree in biology, psychology and chemistry from Texas

Woman's University. She also earned a nursing degree from North Central Texas College. She is the daughter of Daryl and Lynette Fritz.

Grant, of Wilmette, Illinois, graduated from New Trier High School in Winnetka, Illinois, and earned a bachelor's degree in integrative physiology from the University of Colorado. He is the son of Jim and Jennifer Grant.

Lounsbury, of Duluth, Minnesota, graduated from Duluth East High School and earned a bachelor's degree in kinesiology from the University of Minnesota. She is the daughter of Scott and Sara Lounsbury.

Natter, of Swanton, Ohio, graduated from Evergreen High School in Metamora, Ohio, and earned a bachelor's degree in exercise science from Indiana University-Purdue University Indianapolis. She is the daughter of Jerry and Kim Natter.

Scheumann, of Prairietown, Illinois, graduated from Metro East Lutheran High School in Edwardsville, Illinois, and earned a bachelor's degree in exercise science from Southern Illinois University. He is the son of Jerry and Terri Scheumann.

Each student is doing a clinical rotation with sports teams this semester: Fritz, U of A women's softball; Grant, U of A women's gymnastics; Lounsbury, U of A track and cross-country; Natter, U of A baseball; and Scheumann, Fayetteville High School.



Program Director's Corner By Jeff Bonacci, D.A., A.T.C., L.A.T.



Bonacci

Hello Razorback alumni, prospective students, and friends of the athletic training education program.

The program experienced an outstanding spring this year with our students once again making us proud. For the fifth straight year, I am pleased to report that 13 of 13 second-year students took the Board of Certification exam in February and all students passed on the first attempt. This is our fifth straight year for a 100 percent pass rate and 95 percent overall since the inception of the program in 2004. Way to keep the great 100 percent pass rate tradition going!!!

The ATEP would like to highlight Dr. R.J. Elbin, assistant professor of exercise science, on his BOC-approved Evidence Based Practice presentation on "Emerging Findings in Sport Related Concussion" at the Arkansas Athletic Train-

ers' Association annual April meeting in Little Rock and the Southwest Athletic Trainers' regional meeting at its annual July symposium in Dallas. Dr. Elbin gave outstanding presentations at both meetings where an audience of 200 were in attendance in Little Rock and 800 were in attendance in Dallas.

We welcomed Dr. Kyle Smoot, primary care team physician for the University of Iowa football team, to our biannual scholar speaker series on Nov. 6. He presented "Exertional Rhabdomyolysis and Sickle Cell Disease in Athletes." Dr. Smoot has become an expert in this field since the outbreak of rhabdomyolysis among University of Iowa football players in 2011. This presentation was also sanctioned by the Athletic Training Board of Certification as an Evidence Based Practice lecture.



Elbin



Smoot

Students Conducting Research, Presenting at Conferences

By Brendon McDermott, Ph.D., A.T.C.



McDermott

Our athletic training students are at the forefront of several research projects in the Human Performance Lab at the University of Arkansas. While keeping up with their clinical experience requirements and a full plate of classes, some students are working feverishly to get data collected in time to submit abstracts to be presented at this summer's annual meetings of the American College of Sports Medicine or National Athletic Trainers' Association.

This year's Razorback Sports Medicine Symposium will be on Jan. 17 in the Graduate Education Building, and many of our students will present research findings or case reports.

In some of the research from this past year, students tested the concept of breathing cold air during exercise in the heat to determine whether it prevented body tempera-

ture increases. Although it did not significantly keep body temperature lower, the device improved cycling performance by almost a minute after using it.

We conducted a field study over the summer looking at cooling rates and subsequent performance using a phase change cooling vest. Our results demonstrated that the cooling kit tested was not an effective treatment modality, and it did not aid performance.

Athletic training students have been assisting multiple research efforts for our new Office for Sport Concussion Research headed by Dr. R.J. Elbin. Recently, they looked at the reliability of standard concussion assessment tools in high school athletes.

One of our students was published after helping with a study where we evaluated an air-filled vest that can be worn under bulletproof body armor.

Wherever our students are these days, there is a lot going on. Research in our program is picking up steam, and we are all gaining a richer understanding of it along the way.



Brittany Santucci and Niki Engler, third and fourth from left, worked with members of the Red Cross to provide medical coverage at national soccer tournaments in Uganda.

Students Take Knowledge to Africa, Report Experience of Lifetime

University of Arkansas athletic training students Niki Engler and Brittany Santucci put what they learned in the first year at Arkansas to work last summer in Uganda, providing medical coverage at national soccer tournaments, presenting at clinics for coaches and teaching fundamentals to P.E. classes.

The two young women said they also had the experience of a lifetime. So far, anyway. Both plan to return to the East African nation someday.

"It was the most incredible experience of our lives," Engler said. "We wanted to teach and explore."

Engler got the idea for the six-week trip after talking with Natalie Trotter, athletic trainer for the Razorback women's basketball program, who has made two trips to Uganda. Two months before Engler was to leave in May, Santucci decided to join her. Both are experienced travelers, having been to 13 countries each, prior to their trip.

They gathered 90 pounds of donated medical supplies to give away on the trip and established a home base with Majidah Nantanda, the coach of the Ugandan women's national soccer team, in Kampala, the capital of Uganda. They worked regional and national tournaments with Nantanda, traveling by bus to villages all over the country.

While in Uganda, they worked with two nonprofit organizations, International Sport Connection and Growing the Game for Girls, whose goals include educating coaches, empowering women and providing mentors for young soccer players.

"Majidah (Nantanda) is very well-respected in Uganda,"

Engler said. "She is the most highly certified coach in the country, among both men and women. At the tournaments she took us to, we worked with the Red Cross, providing first aid and sharing our knowledge of sports medicine. They have very little knowledge about how to treat athletes' injuries or heat-related illnesses, and they were very receptive to us."

The Ugandans were extremely appreciative to get basic first aid kits the students created from the supplies.

"We explained the contents and taught them how to use them," Santucci said.

"We told them what items were available in their local markets that they could use to replace some of the items in the kits when they run out," Engler said.

Because of the lack of access to clean drinking water, the concept of staying hydrated was foreign to them, although the tournaments were being played in hot and humid weather. A tournament sponsor provided water but each player was allotted only one bottle per day.

"There was a lot of heat illness because of that," Engler said. "They don't drink water during games."

The students emphasized even to the children the importance of washing a wound and of drinking water. At the coaches' clinics, they also talked about heat illness and concussions and taught them how to treat ankle sprains and muscle strains, tailoring their presentations to their audiences.

"The experience taught both of us how to be resourceful," Santucci said. "It also made us really appreciative of the medical system we have in the U.S. for athletes, from the



Africa continued...



Engler and Santucci enjoyed playing with neighborhood children.

M.D. level to athletic trainers.”

The students said Ugandans are crazy about soccer, which is called football in most countries outside the United States. They experienced two riots at games, about the only time they felt any uneasiness while in Africa.

“There was mass chaos with people throwing stones and the police carrying AK-47s and whips, whipping people,” Engler said.

The people they were working with made sure the two students made it safely to a stage area where they took refuge together until the situation became calm again, Santucci said.

The living conditions gave the two Americans a greater appreciation of life at home. Many homes had no running water or toilets and some areas had no electricity.

“It gave us a huge appreciation for washers and dryers,” Santucci said.

“It took four hours to wash your clothes,” Engler said.

They described the food as amazing because everything was fresh and organic – avocados, mangos, rice, beans, beef. They wore traditional dresses called gomesis to a wedding introduction ceremony, went on a three-day safari, and went bungee-jumping over the Nile River.

The Ugandans also lacked athletic facilities and equipment. The children often played barefoot and the older players shared cleats. No one had shin guards. Goals didn’t have nets, even at the major tournaments.

The students remain in contact with people they met.

“In Uganda, it was good to have our background, our classes and clinical experience,” Engler said.

“We didn’t panic, we consulted each other,” Santucci said. “We felt prepared. Teaching people strengthened our confidence; we relied on each other and on ourselves. We have the confidence and strength to make decisions.”

Class of 2014 Hard at Work After Graduation

ANTHONY ALANIZ, ATC, assistant athletic trainer,
University of North Carolina at Charlotte

KATIE COTTIN, ATC, head athletic trainer,
Prospect High School in Chicago, Illinois

RYNE EUBANKS, ATC, assistant athletic trainer,
Arizona Diamondbacks

CAITLIN GALLION, ATC and doctoral student,
University of Arkansas

AMANDA GARRISON, ATC, assistant athletic trainer,
Rhodes College in Memphis, Tennessee

ANDREW HOLLINGER, ATC, head athletic trainer,
Greencastle Schools in Greencastle, Indiana

KOJI KANEMURA, ATC, intern athletic trainer,
Florida Marlins, Miami

LACEY MAINER, ATC, intern athletic trainer,
Appalachian State University

KRISTINA MILLER, ATC, assistant athletic trainer,
Colby College, Waterville, Maine

TRISTAN RODIK, ATC, intern athletic trainer,
Missouri Southern University, Joplin

LAUREN SALAS, ATC, intern athletic trainer,
University of South Carolina, Columbia

DENISE WICK, ATC, Oklahoma